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James M. Rippe, MD

*Leading Cardiologist,
Founder and Director of the
Rippe Lifestyle Institute*



Heart Disease For Dummies

Lingjun Ying



Heart Disease For Dummies:

Heart Disease For Dummies James M. Rippe,2011-04-27 The startling truth is one American dies of heart disease every 33 seconds almost one million deaths each year and almost one in four Americans has one or more types of heart disease However it s also true that it is possible to prevent treat and even reverse heart disease and this plain English guide shows you how Heart Disease For Dummies is for anyone who has been diagnosed with a form of cardiovascular disease knows someone who has or who wants to learn more about staying heart healthy and preventing the disease Leading cardiologist Dr James Rippe delivers the scoop on the many different forms of heart disease including angina heart attacks arrhythmias strokes heart failure and other cardiac conditions as well as the latest research diagnostic techniques treatment procedures and medications You ll discover how to Recognize the risk factors and warning signs of a heart attack Determine if you h ave heart disease Distinguish between angina heart attack and stroke Maximize your cardiac function Find a good doctor and handle a managed care plan Reverse heart disease through diet lifestyle changes and medications Like the millions of others living with heart disease you want to take an active part in managing your health and feeling better fast This easy to follow guide explains how heart disease affects the body and shows you the steps you can take along with your doctor to improve your quality of life With the expert advice simple diagrams and valuable tips in this book you ll Keep your blood pressure cholesterol and weight under control Understand the common drug and medical treatments available for treating heart disease Draw on the mind body connection to reduce stress Interpret the risk factors you can control physical inactivity hypertension tobacco use and the ones you can t heredity age gender Form a true partnership with your doctor Explore cardiac rehabilitation programs Decide if alternative therapies are right for you Featuring heart healthy recipes and a list of resources to help smokers quit the habit Heart Disease For Dummies is an indispensable resource for living well with this manageable condition

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exercise plans the lowdown on recognizing the risk factors and warning signs of a heart attack determining if you have heart disease distinguishing between angina heart attack and stroke and much more It is projected that by the year 2020 heart disease will be the leading cause of death throughout the world As the magnitude of cardiovascular diseases continue to accelerate globally the pressing need for increased awareness and a stronger more focused national and international response has become more important than ever Preventing Reversing Heart Disease For Dummies tackles this vital subject with compassion and authority outlining the steps you can take to help ensure you don't become just another statistic Helps you find the right doctor and handle a managed care plan Covers all thirteen types of heart disease and discusses the key differences that may determine their progression and treatment Illustrates how simple changes in diet may be enough to prevent heart disease Shows how you can reverse some of the effects of heart disease through exercise If you're suffering from or are at risk of heart disease or love someone who is Preventing Reversing Heart Disease For Dummies empowers you to take control of heart health and get on a path to a longer healthier life

The Healthy Heart For Dummies James M. Rippe, 1999-12-15 The Healthy Heart For Dummies explores that most vital organ the heart and explains why you need to care for it This book also helps you design a personal lifestyle based on proper nutrition physical activity weight management and mind body connections to both prevent and control heart disease It includes a section describing the latest tests and procedures used in evaluating heart health and problems which help you make decisions on treatment options As an added bonus the author James M Rippe M D has conferred with the world's top chefs to offer you 35 great tasting and heart healthy recipes

Healthy Heart for Dummies James M. Rippe, 1999-12-01 With its fingers on the pulse of preventive medicine this vital guide written by one of America's foremost cardiovascular authorities gives readers strategies and tips to help them reduce the risk of stroke and heart attack Includes heart healthy recipes

Designing Randomised Trials in Health, Education and the Social Sciences D. Torgerson, 2008-03-13 The book focuses on the design of rigorous trials rather than their statistical underpinnings with chapters on pragmatic designs placebo designs preference approaches unequal allocation economics analytical approaches randomization methods It also includes a detailed description of randomization procedures and different trial designs

Health and Corporate/Urban Sustainability Jianfu Shen, Xunpeng Shi, Eddie Chi-man Hui, 2025-04-29 Prior health studies have explored the relationship between employee health and employee performance e.g productivity innovation etc at the workplace A few studies also show that at the country level health and healthcare expenditure are positively associated with economic performance However the studies that investigate the associations between health and corporate urban outcomes in terms of sustainability practices economic value growth resilience etc remain scant Employee health employee health also influences corporate culture employee satisfaction productivity innovation financial performance and its long term value Health can also influence urban vitality and economic growth Cities with good public health could also be more resilient to pandemic such as COVID 19 Sustainability becomes the key theme in

corporate and urban developments Further studies are needed to explore the roles of health in firms and cities real impacts and values

The American Journal of Obstetrics and Diseases of Women and Children ,1898 **National Medical Care Utilization and Expenditure Survey** ,1988 American Medical Association Guide to Preventing and Treating Heart Disease American Medical Association,Martin S. Lipsky,Marla Mendelson,Stephen Havas,Michael Miller, MD,2008-09-22 More Than 3 Million American Medical Association Books Sold American s most trusted medical authority shows you how to prevent and treat heart disease When you or someone you love is diagnosed with cardiovascular disease it s important to know the facts which can help save a life In the American Medical Association Guide to Preventing and Treating Heart Disease you will learn everything you need to know about heart disease to ensure a long full and active life Authoritative and up to date the American Medical Association Guide to Preventing and Treating Heart Disease explains the most common forms of heart and blood vessel disease and lays out practical strategies to get you on the road to better health The book also provides up to date information on women and their unique heart disease risks and symptoms as well as information on hart6 healthy eating including the National Heart Lung and Blood Institute s DASH diet Even if heart disease runs in your family you can still lower your risk of developing it by following the simple guidelines found in this comprehensive resource For every 3 pounds you lose there is a corresponding drop of about 2mm Hg in your diastolic pressure and by bringing down your blood pressure to healthy levels your risk of stroke can be reduced by 35 to 50 percent If you have already had a heart attack or a stroke this book offers vital practical information on preventing another one Highlighting prevention lifestyle changes testing and treatments the American Medical Association Guide to Preventing and Treating Heart Disease provides you and your loved ones with the essential tools you need to reclaim a healthier life Proceedings of International Conference on Recent Innovations in Computing Yashwant Singh,Chaman Verma,Illés Zoltán,Jitender Kumar Chhabra,Pradeep Kumar Singh,2023-05-16 This book features selected papers presented at the 5th International Conference on Recent Innovations in Computing ICRIC 2022 held on August 13 14 2022 organized by the ELTE Hungary in association with Knowledge University Erbil and many academic and industry partners which includes European Institute of Data Analytics EiDA Dublin Ireland and CSRL Lab India The book is second part of the two volumes and it includes the latest research in the areas of software engineering cloud computing computer networks and Internet technologies artificial intelligence information security database and distributed computing and digital India Dental Summary ,1919 International Record of Medicine and General Practice Clinics Edward Swift Dunster, Frank Pierce Foster, James Bradbridge Hunter, Charles Eucharist de Medicis Sajous, Gregory Stragnell, Henry J. Klaunberg, Félix Martí-Ibáñez, 1921 **Serum Sialic Acid and Cardiovascular Disease Risk** Gunnar Lindberg, 1992 **California. Supreme Court. Records and Briefs** California (State)., Court of Appeal Case s B041376

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